

## Depression Session 2

Materials: Guide slides 1-8, STARS Chart, Decrease Negative thoughts, Moods and thoughts cards, Relaxation instruction

TOPICS	MATERIALS	ADVISOR TEXT
Introduction to Session	Guide 1 How depression works	<p>1.Today we will be talking some more about how thoughts affect your mood and learning to recognize and change negative thinking.</p> <p>2. You remember from our last session this diagram of how we think depression works. Bad things that have happened to you in the past, or current stresses affect how you think about things and about yourself.</p> <p>3.These thoughts affect how you feel and how you feel affects how you act or behave.</p> <p>4. When you THINK bad or negative things you are going to have depressed feelings.</p> <p>5.When you are feeling depressed you tend to withdraw from other people and not do things that might make you feel better. And then you feel more depressed. We call this a vicious cycle.</p> <p>6.You can't just snap out of depression, but you can learn ways to control your mood.</p> <p>7. One way is to control your thinking. Today we are going to talk more about how you can recognize positive and negative thoughts and change or revise the negative thoughts to get better control of your moods and feel happier.</p>
Review Take Home Project progress	Guide 2 Take Home Project sheet  Moods and Thoughts Cards  List of +/- Thoughts	<p><i>Refer to Mood cards completed by patient since last session.</i></p> <p>1. How have your moods been? Tell me about one of the days when you were feeling your worst? What happened that day? What thoughts were you having? <i>(make a list)</i> What did you do? <i>(Go over each of her negative thoughts and get her to evaluate and modify more realistically)</i></p> <p>2.Now tell me about the day when you were feeling good. What were your thoughts?</p> <p>3. Remember the vicious cycle. How you think about an event will affect your feelings. On the day when you were feeling bad , you let your thoughts go in ways that made you feel worse than you could have and that leads to a depressed mood.</p> <p>4. Let's look at other thoughts checked on the +/- thoughts list. <i>Discuss balance between positive and negative.</i> We want to make sure that + is greater than negative in the future to help you have more positive moods.</p> <p>5. I appreciate the work that you did on completing this work at home<i>(If appropriate)</i>. This homework is important because we have a short time together and this allows you to keep working on the things that will make you feel better. <i>If not completed stress importance and explore obstacles</i></p> <p>Completing the Take Home Project will help your depressive feelings improve more quickly.</p>
How to		1.Certain kinds of thoughts will make it more or less likely that you will start to feel bad. Today we

Recognize and Change Negative Thoughts	Guide 3	<p>are going to talk about how to catch yourself and change the way you think about things when those thoughts are ones that will cause you to be depressed.</p> <p>2.By thoughts we mean the things we tell ourselves, the way we talk to ourselves. We talk in our heads all of the time but we are not always aware of it. The way we think about ourselves and events can make a big difference in how we feel. Thoughts can have an effect on your mood and how you act.</p> <p>3.This chart gives examples of types of negative thinking (<i>review Guide 3 and explain the type of thinking on the left and read the example of that type of thought on the right. Then have the woman revise each to a more positive thought. Give help if needed</i>) As you can see, positive thinking is more hopeful. It is important that you learn to catch yourself doing negative thinking and try to turn those thoughts around or revise them to more positive thinking.</p> <p>4.Which of these types of thinking is most true for you?. Can you come up with some other examples of negative thoughts you have? How can you change or revise them ?</p>
Introduce STARS Model	Guide 4 STARS model	<p>We can use a plan called the STARS model to help you learn to catch yourself thinking negative thoughts and correct them.</p> <ul style="list-style-type: none"> <li>• A <u>S</u>ituation occurs</li> <li>• You have <u>T</u>houghts that lead to feelings of depression</li> <li>• and affect how you <u>A</u>ct when you think that way</li> <li>• <u>R</u>evise or change the way you think and act</li> <li>• Turn to other people for <u>S</u>upport and help.</li> </ul>
STARS practice	Guide 5 STARS chart	<p>1. <i>Review an example using the STARS model.</i> Can you think of something that happened this week? (<i>Or use her worst day example above</i>) What were your thoughts? What did you do? How would you revise or change those thoughts?</p> <p>2.As a Take Home Project I'd like you to identify a situation that comes up before our next meeting and fill in the sections on the STARS chart about the situation</p>
Increase Thoughts that make you feel good	Guide 6	<p>There are things you can do to increase the thoughts that will make you feel good.</p> <ul style="list-style-type: none"> <li>• List the things that are good about you and your life. Try to think about these things when you are feeling low.</li> <li>• Find ways to reward yourself. What is rewarding for you?</li> <li>• Give yourself a break. Take time to relax. Do you know a relaxation method? (<i>teach as part of homework if she doesn't have a technique</i>)</li> <li>• Don't get stuck. Think about how things will get better, imagine how it might be better in the future.</li> </ul>

Decrease thoughts that make you feel bad	Guide 7 Decrease negative thoughts	<p>There are also things you can do to decrease negative thoughts.</p> <ul style="list-style-type: none"> <li>• Thought stopping: don't let yourself think that thought or change it to a positive thought</li> <li>• Schedule a specific worry time 10-20 minutes per day</li> <li>• Use humor-exaggerate your worry or make fun of it</li> <li>• Consider the worst that could happen. How would you deal with that? What is more likely to happen?</li> <li>• Use the STARS approach</li> </ul> <p>Coach yourself. Think through the steps you need to do to make things work out.</p>
Review Take Home Project	<p>Guide 8 Take Home Project Sheet</p> <p>Mood and Thoughts Cards</p> <p>STARS chart</p> <p>Relaxation instruction</p>	<p>1.You should continue to fill out 2 Moods and Thoughts cards for our next meeting. You should use the cards to record your thoughts at a time you feel worst and another when you feel good over the next few weeks and then bring them back for your next visit.</p> <p>2.Do you understand what to do with the STARS chart? Please complete this form for a stressful situation that occurs over the next few weeks;</p> <p>3. I also want to encourage you to do one nice thing for yourself between now and your next visit, something that will give you pleasure. What could you plan? When will you do it? What could get in the way?</p> <p>4.<i>(If needed)</i> Let's go over a relaxation method that helps many women (<i>use relaxation instructions or ask her to describe her own</i>). This is good to use to give yourself a break at least once a day or when you are stressed.</p> <p>5.We really made a lot of progress today. How are you feeling about what we talked about? I'm looking forward to hearing about how things have gone for you over the next few weeks. <i>(If appropriate)</i> I'll call in 2 weeks and we can see how things are going.</p>